

Epic Strides

Always A Step Ahead



EPIC NEWS

The Official Newsletter
of Epic Strides



CRAYOLA EXPERIENCE PLANO

Sensory-Friendly Activities

Sensory Friendly Sundays at Crayola Experience Plano are back! See Upcoming Dates Below:

- December 18th -

On the third Sunday of select months Sensory Sundays are offered. These special mornings are designed for kids and families who would like to experience the attraction adapted just for sensory needs. The attraction opens at 10:00am-12:00pm.

- Lights will be dimmed & Music will be turned off
- Quiet room available
- Special guided craft at Cafe Crayola
- Crayon Factory Show @ 11:00am

CHILDREN'S THEATER

Harry Connick, Jr.'s *THE HAPPY ELF*
Dec 3rd - 1:30PM

From the Grammy-winning musician, Harry Connick, Jr....this jazz musical is sure to get you in the holiday spirit! Eubie is, much to the exhaustion of his coworkers, an elf of unparalleled and endless energy looking to get a spot on Santa's coveted sleigh team. When his unstoppably sunny spirit comes into contact with the miserable town of Bluesville - where every single child is on the naughty list - he's in for the shock of a lifetime. Will his relentless positive attitude be enough to turn this gloomy place around, or has the happiest elf in the North Pole finally met his match?

The show begins at 1:30pm and it is only \$5 per person at the Dallas Children's Theater. Recommended for ages 5 and up. Visit <https://www.dct.org/sensory/> to get your tickets today!

EPIC REMINDERS

Office Closings:

- Our office will be closed for the following days over the Holidays:
 - December 23rd
 - December 26th
 - January 2nd

PARENT SAFETY REMINDER

Please drop off your child with a therapist or speech provider prior to leaving the lobby.

DECEMBER PARENT TIP



Holiday Tea

Help your family to help you- Most families want to do all they can to make you and your child feel welcome, but they need to know what's helpful. Help them to help you! Let family members know which Christmas presents would be most welcome, which kinds of games and activities your child enjoys, and favorite foods. Make and share an Amazon wish list for your child!

Have an escape route-

Both you and your child need to know what will happen if you get too much family fun time. What will you tell your family, and where will you go to get away? Is there a quiet room available? If not, can you head home or to a hotel room?

Take care of yourself-

It's easy to get so busy with your child's needs that you forget your own. Your child's experience will depend a great deal on your own feelings of calm and seasonal joy. That means you, too, need a chance to experience your favorite holiday events, movies, and food!

- Lisa Jo Rudy





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